

Fulfill your **LivingWell Promise.**

Increase your health awareness.

January 1 – May 1

Vitality Check

(Biometric screening)

- ▶ Go to www.LivingWell.ky.gov to find a location and **schedule an appointment** near you.
- ▶ **No additional cost** (PCP office visit co-pay and lab fee may apply)
- ▶ **Guarantee your LivingWell plan** for 2016.
- ▶ Don't forget your card!



OR take your

Health Assessment.

(Quick, online survey)

- ▶ Go to www.LivingWell.ky.gov and sign in to HumanaVitality to get started.

For Assistance call **855-478-1623**.



LivingWell.ky.gov